



Paula Deen's Grillades and Grits

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



530 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons add carrot and onion to bacon fat . cook
- 3 bay leaves
- 4 cups beef broth
- 1 large bell pepper chopped
- 8 servings pepper black
- 1 cup celery diced
- 3 lb beef chuck cut into 1-inch pieces
- 4 tablespoons cooking oil

- 1 teaspoon basil dried
- 1 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 0.3 cup flour all-purpose
- 0.5 cup parsley fresh chopped
- 3 large garlic clove minced
- 8 servings garlic powder
- 2 tablespoons hot sauce (recommended (Texas Pete)
- 8 servings kosher salt
- 2 medium onion chopped
- 1 teaspoon salt
- 10 ounce stewed tomatoes hot (recommended (Ro-Tel)
- 5 medium tomatoes fresh peeled quartered
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- slotted spoon
- dutch oven

Directions

- Season beef with kosher salt, black pepper and garlic powder.Dust beef with about 1/3 cup flour and toss lightly.Spray a cast iron Dutch oven with cooking spray.
- Heat 4 tablespoons of bacon grease and 4 tablespoons of cooking oil (you may use all bacon grease, all solid shortening, or all cooking oil if desired).Brown meat in hot fat and remove to a large bowl using a slotted spoon.Leaving fat in Dutch oven, saute bell pepper, onions, celery, and garlic. Brown vegetables and remove to bowl with a slotted spoon, leaving fat in the pot.
- Add or take away to total 3 tablespoons of fat to make your roux.To make roux, add about 1/4 cup of flour, stirring constantly and slowly until flour is a nice deep brown, being careful not to burn the flour.Slowly add 4 cups of beef broth or water and stir. Bring to a simmer and add

back beef and vegetables.

- Add bay leaves, thyme, hot sauce, Worcestershire sauce, salt, dried basil and stir.
- Add fresh tomatoes and 1 can extra hot tomatoes. Simmer for about 1 hour and 15 minutes, stirring occasionally. Just before serving, remove bay leaves and stir in 1/2 cup chopped parsley.
- Serve over your favorite hot buttered grits.

Nutrition Facts



Properties

Glycemic Index: 47.25, Glycemic Load: 6.95, Inflammation Score: -9, Nutrition Score: 33.186521934426%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 529.53kcal (26.48%), Fat: 34.27g (52.72%), Saturated Fat: 12.05g (75.32%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 16.68g (6.06%), Sugar: 5.86g (6.52%), Cholesterol: 124.02mg (41.34%), Sodium: 1291.32mg (56.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.55%), Zinc: 13.34mg (88.93%), Vitamin K: 85.39µg (81.32%), Vitamin B12: 4.73µg (78.79%), Vitamin C: 50.16mg (60.8%), Selenium: 40.3µg (57.57%), Vitamin B3: 9.93mg (49.65%), Vitamin B6: 0.91mg (45.62%), Phosphorus: 407.54mg (40.75%), Vitamin A: 1754.02IU (35.08%), Iron: 5.86mg (32.56%), Potassium: 1099.74mg (31.42%), Vitamin B2: 0.39mg (23.11%), Vitamin B1: 0.28mg (18.62%), Vitamin E: 2.75mg (18.31%), Manganese: 0.37mg (18.3%), Folate: 65.01µg (16.25%), Magnesium: 62.33mg (15.58%), Vitamin B5: 1.4mg (13.97%), Copper: 0.26mg (12.81%), Fiber: 3.18g (12.71%), Calcium: 88.36mg (8.84%), Vitamin D: 0.35µg (2.3%)